JAHRED BRUNO'S INSTRUCTIONAL INTERNET DOCUMENT FOR GUIDED BREATHING

—= HOW TO BREATHE =---

BEGINNER TECHNIQUE

1. INHALE
2. EXHALE

ADVANCED TECHNIQUE

1) INHALE DEEPLY
2) EXHALE DEEPLY

ALWAYS BREATHE DEEP.

GET AIR INTO YOUR LUNGS.

—-= FORBIDDEN SECTION =---

EXPERT TECHNIQUE

1. INHALE DEEPLY
2. EXHALE DEEPLY
3. CLOSE YOUR EYES AND PAUSE FOR 10 SECONDS.
4. LAY ON YOUR BACK. DO NOT INHALE AGAIN. THIS TIME WE ARE GOING DEEP.
5. DEEPER AND DEEPER

6. ꓤEEPER ∀Nꓷ ꓷEEPER

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